



# Emergency Care for **CHOKING**

## Emergency Phone Number

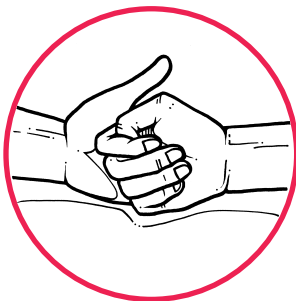
### CONSCIOUS VICTIM

If victim **CAN** breathe,  
cough or speak—  
**DO NOT INTERFERE.**

If victim **CANNOT** breathe,  
cough or speak—  
give quick upward thrusts  
(grip above waist but below ribs).



(Avoid pressing on the bottom of the breastbone.)



Hold fist  
with thumb  
tucked in.

With thumb side  
inward, use  
other hand to  
give an in and  
upward thrust.

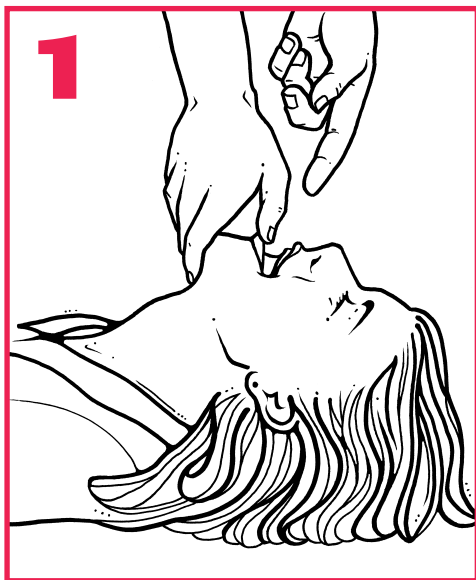


Repeat thrust steps until effective or until victim becomes **UNCONSCIOUS**.

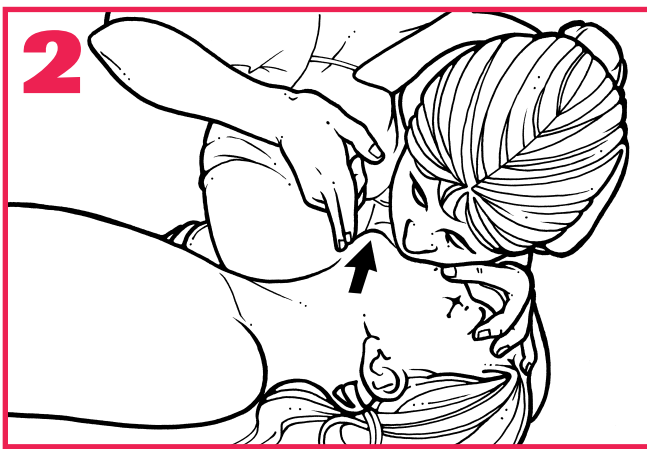
### UNCONSCIOUS VICTIM

Phone 911 or other emergency response number or send someone to call.

Return to the victim.



Open the airway.  
Look for foreign object.  
IF one is seen, remove it  
(head tilt, chin lift).  
Start CPR.



Attempt two breaths.

**Repeat steps 1, 2 and 3 until  
victim starts breathing or  
until emergency/medical help arrives.**



Do 30 chest compressions  
(Place heel of one hand on  
center of breastbone and  
heel of second hand on  
first hand).



- Have someone call for an ambulance, rescue squad or EMS.
  - **DO NOT PRACTICE ON PEOPLE.** Abdominal thrust may cause injury. Use the back blows and chest thrust on infants. Use the chest thrust on pregnant women and obese victims.
  - Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
  - For CPR training information, call your local American Heart Association or American Red Cross chapter.
  - For children 1 to 8 years of age, use one hand for chest compressions and one breath.
- Standards from the American Heart Association